

Updated October 2015



Psychology Internship Program

VA Montana Healthcare System
3687 Veterans Drive
P.O. Box 1500
Fort Harrison, MT 59636
(406) 493-3810
<http://www.montana.va.gov/>

MATCH Number Program Code: 2300

Applications Due: 12/11/2015

Accreditation Status

The Psychology Internship Program at **VA Montana Healthcare System (VAMTPI)** is not yet accredited by the Commission on Accreditation (CoA) of American Psychological Association (APA). Although the internship is not currently accredited, the Office of Academic Affiliation indicates that any individual who completes a VA psychology internship within the VA is eligible for VA employment as a psychologist even if that program is not yet accredited.

Questions related to our accreditation status can be directed to the Commission on Accreditation:

Office of Program Consultation and Accreditation
American Psychological Association
750 1st Street, NE
Washington, DC 20002-4242
1-800-374-2721
<http://www.apa.org/education/grad/program-accreditation.aspx>

All other questions about the internship program may be directed to Joanna McCormick, Ph.D., Training Director, at Joanna.McCormick@va.gov or 406-447-6000.

Application & Selection Procedures

APPLICATION PROCEDURES AND REQUIREMENTS

Our internship seeks students from APA accredited Ph.D. or Psy.D. clinical or counseling programs who are in good standing. Applicants must have competed at least 3 years of academic study, have completed their comprehensive or qualifying exams, have proposed their dissertation, and have completed at least 500 clinical hours during their doctoral program. Applicants who have a strong interest or background in rural mental health will be a particularly good fit for this internship program.

VA Montana encourages candidates from diverse backgrounds to apply. We welcome individuals who are members of underrepresented groups, sexual orientation, and disability status. Furthermore, we are committed to non-discrimination in employment on

the basis of race, color, religion, sex (including pregnancy and gender identity), national origin, political affiliation, sexual orientation, marital status, disability, genetic information, age, membership in an employee organization, retaliation, parental status, military service, or other non-merit factor. All applicants for VA internships must be US citizens.

Application Due Dates/Times

We are members of APPIC and will be participating in the National Matching Service. Please be sure to obtain an Application Agreement Package from the National Matching Services, Inc to register for the Match. For applications to be considered complete, the following materials must be received through APPIC by 12/11/15 11:59PM, MST:

- Online APPIC Application for Psychology Internship (AAPI)
- Curriculum Vita
- Three letters of recommendation
- Official Transcript of graduate work sent directly by your university
- Academic Program Verification of Internship Eligibility and Readiness form-submitted by the Director of Clinical Training
- Cover Letter

Additional requirements:

A CERTIFICATE OF REGISTRATION STATUS, CERTIFICATION OF US CITIZENSHIP AND DRUG SCREENING is required to become VA Interns. Males born after 12/31/1959 must have registered for the draft by age 26 to be eligible for any US government employment, including this internship program. Candidates for the VAMTHCS Psychology Internship must have completed at least 3 years of their APA-accredited doctoral program and have at least 500 hours of intervention/assessment experience prior to applying. Applicants must complete comprehensive exams and a dissertation proposal prior to applying.

If there are additional questions regarding the application procedure, please contact the associate training director:

Gretchen Lindner, Ph.D., Associate Training Director
Bozeman Community Based Outpatient Clinic
300 N. Willson, Suite 703G
Bozeman, MT 59718
(406) 582-5352
gretchen.lindner@va.gov

SELECTION AND INTERVIEWS

VA Montana is offering three internship slots for the 2016-2017 Internship class. Applications for the Psychology Internship at VAMTHCS will be reviewed for completeness and goodness of fit. Our programs seeks students who can demonstrate an interest in working with veterans, as well as individuals who are interested in working with rural and highly rural/frontier populations. Previous VA experience is a plus,

although not necessary. We are seeking candidates who have strong academic backgrounds and are skilled in diagnostic assessment and interventions.

Interns will be notified through email whether they received an interview by December 30th, 2015. Candidates for the VA Montana Psychology Internship (VAMTPI) are encouraged to attend interviews in person. However, occasionally and due to unique circumstances, phone interviews may be considered.

Interview Dates for 2016-2017 Training year

January 8, 2016

January 15, 2016

Psychology Setting

Psychologists serve a wide variety of administrative and clinical functions within the VAMTHCS. They are located within several programs at the Fort Harrison Medical Center and the area Community Based Outpatient Clinics (CBOC). Psychologists at VA Montana act as integral parts of an interprofessional team, working with psychiatrists, social workers, and psychiatric nurses and nurse prescribers. They provide their expertise in the areas of residential treatment, substance use disorders (SUDS), PTSD, primary care/mental health integration, and outpatient behavioral health. Psychologists also consult with primary care, neurology, community living centers, home-based programs and other specialty programs to provide truly integrated treatment to Veterans.

Training Model and Program Philosophy

The psychology Internship training program at VA Montana is based on the Practitioner-Scholar (Vail) model and is committed to training future psychologists in the scientific practice of psychology. Interns are trained as practitioners and consumers of research. This model of training emphasizes the practical application of scientific knowledge and the reflective process between science and practice. While the doctoral Internship program at VA Montana emphasizes science and empirically based treatments, we agree that “The primary goal of training a practitioner-scholar is the delivery of human services that take into account individual, cultural and societal considerations” (Rodolfa, et al., 2005).

VAMTPI follows the professional developmental model in which the Intern is expected to progress throughout the Internship year. This model indicates that the Intern will move from a somewhat dependent and closely supervised trainee to a relatively independent junior colleague. We strive to provide Interns with strong generalist training and they can expect to complete their Internship year being competent, independent, entry-level psychologists with practical skills in self-reflection, that will enable them to work competently in rural areas, medical centers, outpatient settings, and within the Veteran’s Affairs Healthcare System.

As a training program, our Internship focuses mainly on experiential learning through the provision of patient care. Early in the training year, Interns can expect to have

between 12 and 15 direct patient care hours and toward the end of the year, close to 20 face-to-face hours. However, Interns are also exposed to information through didactics, individual supervision, group supervision, and review of the current literature. The staff at VA Montana endeavors to promote a supportive and collegial atmosphere for psychology Interns. With an emphasis on Interns developing a professional identity, VAMTPI tailors training goals to the individual and expects Interns to be active participants in developing their own goals.

Our training program emphasizes the psychosocial model of recovery and empowerment of Veterans to recover from mental health difficulties. When indicated, we emphasize the use of empirically supported therapies including Cognitive Processing Therapy, Prolonged Exposure, Cognitive Behavioral Therapy, Acceptance and Commitment Therapy for Depression and Interpersonal Therapy for Depression, to name a few.

Program Goals & Objectives

Upon completing the program, Interns will be competent as entry-level psychologists in providing effective, quality care to Veterans, to individuals from rural settings and to individuals seeking care through medical centers and outpatient clinics. As professional psychologists, they will function ethically with a sensitivity to cultural issues. They will be competent clinicians and consultants and will be skilled in scholarly practice and self-reflection. Interns will learn how to function as a part of an interprofessional team and be receptive to feedback from supervisors and other professionals.

Below is a list of core competencies that each Intern can expect to achieve by the end of the internship year. These competencies will be achieved through a combination of applied practice on rotations, supervision/consultation, and didactic trainings.

Core Competencies

Evidenced-Based Practice in Intervention - Interns will develop the ability to function capably as entry-level psychotherapists, with particular emphasis on treating Veterans who live in rural and highly rural areas. They will learn to establish and maintain therapeutic relationships, be able to discuss issues related to confidentiality and informed consent, and respond appropriately to crises. They will learn how to collaborate with clients to set appropriate goals for treatment. Interns will demonstrate a solid foundation in selecting and applying empirically supported therapies and best practices. They will develop competency in providing psychotherapy across a variety of modalities, including group, individual, and crisis intervention/risk assessment. They will understand the benefits and challenges associated with providing telehealth care and learn about how to effectively use this technology. Interns will be able document intervention outcomes and client progress towards meeting therapeutic goals.

Evidenced-Based Practice in Assessment - Interns will become skillful in assessing clients who present with multiple complications, and at conducting thorough risk assessments. They will demonstrate sound working knowledge of interviewing skills and of diagnostic assessment using the DSM-5. Interns will become proficient at selecting

appropriate assessment tools, integrating multiple sources of data (e.g., psychosocial history, psychological measures), and writing concise and clear reports tailored to the referral questions. They will be skilled in comprehensive case conceptualization and outlining appropriate recommendations and treatment plans based on their assessments. Interns will be able to present assessment findings to the referral source, the patient, his or her family, and other professionals. Interns will demonstrate competence in evaluating the effectiveness of the treatment provided.

Ethical Legal Standards and Policy - Interns will have an advanced awareness of and adherence to state laws, and state and APA ethical guidelines. They will understand and abide by the legal standards related to the practice of clinical psychology.

Individual and Cultural Diversity - Interns will demonstrate an ability to think critically about sensitive diversity patient issues, including those related to culture, sex, gender, age, disability-status, and ethnicity. Interns will be able to apply cultural sensitivity with Veterans from rural and highly rural cultures, as well as Veterans across diverse cultures. They will understand and be able to reflect on their own cultural background and how it impacts their professional relationships.

Scientific Research and Scholarly Practice - Interns will demonstrate a strong foundation in theory and research and how it contributes to our understanding of human behavior. Interns will be able to apply the current scientific literature in their interventions and assessments. They will gain sensitivity around how the cognitive-affective bases of behavior and development across the lifespan influences their clients' experiences and clinical presentation. Interns will demonstrate independence and critical thinking, and be capable of integrating scientific knowledge and clinical practice.

Professionalism - Interns' professional identity will evolve and mature over the course of the Internship year. Interns will progressively demonstrate integrity, responsibility, and sound judgment. They will conduct themselves in a professional manner and monitor and act as a safeguard to the welfare of others. They will actively participate in didactic trainings and supervision, and will seek consultation as appropriate. Interns will be able to recognize their own strengths and limitations. Interns will demonstrate self-care through effective time management and the creation of life balance. They will cultivate an awareness of how their personal characteristics, competencies and limitations impact others. Interns will understand the impact of their presence on the client and be capable of maintaining professional boundaries. They will seek supervision and demonstrate a commitment to ongoing education and professional growth.

Communication and Interpersonal Skills – Interns will learn how to relate effectively and meaningfully with other individuals, groups, and communities. This includes being able to develop and maintain relationships with a broad range of clients, as well as colleagues and members of the community. Interns will also demonstrate an ability to appropriately manage their affect. They will also adopt an open and receptive stance toward feedback from others.

Consultation/Interprofessional/Interdisciplinary - Interns will learn to provide useful and effective consultation services to other professionals. They will develop the ability to interact collaboratively within interdisciplinary systems. This includes becoming comfortable with their roles as representatives of behavioral health and having an ability to translate psychological principles across disciplines. Interns will be able to express themselves articulately, succinctly, and demonstrate an advanced awareness of professional concepts.

Supervision – Interns will develop a knowledge and understanding of competency based practices to oversee supervisee development and to monitor competency-based growth. They will have increased knowledge around the development of supervisory alliance, providing feedback on core components of technical competency, and increasing diversity and legal/ethical competency.

Training Experiences

This is a generalist internship site, aimed at training well-rounded and skilled clinicians, who have particular expertise in working effectively in rural settings. The internship offers the choice between four experiences that can serve as either major or minor rotations (Rural Outpatient Mental Health, Co-Occurring and SUDS, Residential Trauma Recovery, and Primary Care/Mental Health Integration) and three experiences that can serve as minor rotations (PTSD Outpatient, Program Development, and Specialty Outpatient Care). Interns will also have the opportunity to complete psychological testing on different rotations and across these numerous settings. Each intern will participate in both a major and minor rotation each 6 months of the year. An intern can expect to be on site at their major rotation for approximately 26 hours per week and at their minor rotation approximately 10 hours per week. The remaining 4 hours per week will be devoted to other training opportunities (e.g., didactics, group supervision). At the start of the year, Interns will work together with the Training Director and Associate Training Director to rank their choices among rotation offerings.

Major/Minor Rotation Descriptions

Rural Outpatient Mental Health (Fort Harrison, MT)

The Outpatient Mental Health rotation provides training through behavioral health services located within the Fort Harrison Medical Center. Interns provide outpatient psychotherapy to a wide variety of Veterans, including a potential to work with Veterans from WWII, Korea, Vietnam, Desert Storm, and OIF/OEF. This population is clinically diverse, providing the chance to work with Veterans who have a broad range of psychiatric diagnoses. Interns have ample opportunities to conduct mental health intake assessments, suicide and risk assessment screens, cognitive and symptom screens, and provide individual and group psychotherapy. Within this clinic clients may have complex trauma histories including family violence, sexual abuse, exposure to traumatic events, and/or combat trauma. In the Outpatient Mental Health Track, Interns collaborate with psychiatric providers, caseworkers, and mental health nurses. Currently, training and supervision are available in Cognitive Behavioral Therapy for Depression, Cognitive Processing Therapy, Skills Training for Affect and Interpersonal

Regulation (STAIR) Therapy, CBT for Insomnia, CBT for Chronic Pain and Interpersonal Process Therapy for Depression.

Co-Occurring and SUDS Treatment (Fort Harrison, MT)

The Co-occurring and SUDS Treatment rotation consists of three programs offering treatment for Veterans with co-occurring disorders and identified alcohol, drug and/or process addiction problems: General Outpatient Program (GOP), Intensive Outpatient Program (IOP), and Residential Rehabilitation and Treatment Program. Responsibilities for the Interns include collaborating with an interprofessional team, providing assessment and treatment planning, and the provision of a variety of evidence-based individual and group psychotherapies. More specifically, Interns provide individual therapy, relapse prevention-based psychoeducational groups, administer psychological assessment and neuropsychological screenings in response to consultation requests, and co-facilitate therapy groups. Interns may have the opportunity participate in weekly interprofessional treatment teams and staff meetings in which Veterans are screened for admission, crisis interventions are discussed, and treatment plans are modified and updated. Interns may also have the chance to assist in answering consults by other professionals in the medical center and act as a Psychiatric Liaison regarding substance use issues.

Residential Trauma Recovery Unit (RRPT; Fort Harrison, MT)

The residential PTSD treatment rotation offers three, recovery oriented clinical experiences as part of the PTSD residential/inpatient activities: (1) Psychological and PTSD assessments, (2) group therapy development and facilitation, and (3) individual therapy, which may include couples' interventions and exposure facilitation (imaginal and/or *in vivo*). Psychology Interns on the RRTP are involved in psychological assessment (including CAPS interviewing and PTSD testing), case conferences, working on an interprofessional treatment team, developing and implementing individual recovery and discharge plans, and developing competency in delivering individual and group (process and didactic) interventions. Interns may receive training and supervised practice in Prolonged Exposure (when indicated), Cognitive Processing Therapy (group), and Motivational Interviewing interventions. Interns are also exposed to complementary, alternative PTSD interventions including Art Therapy, Yoga, Equine Therapy, and under the direction of our VA Montana Chaplain, Native American Warrior ceremonies (e.g., smudging, talking circles, Sweat Lodge Ceremonies).

Primary Care/Mental Health Integration (Fort Harrison, MT)

The Primary Care/Mental Health Integration rotation is designed to train Interns to work collaboratively with primary care teams to provide same-day behavioral health services and consultation for their patients. Interns will work with Veterans to address psychological issues and accompanying health behaviors that can undermine their overall health. Interns will provide assessment, treatment disposition, and brief psychotherapy for a wide range of presenting problems, including difficulty with management of chronic health conditions, depression, anxiety, insomnia, diabetes, cognitive difficulties, and alcohol misuse. Opportunities may also exist to co-facilitate

psychoeducation groups, conduct crisis evaluations, and perform specialty medical evaluations (e.g., bariatric surgery evals).

Minor Rotation Descriptions

PTSD Outpatient (Bozeman, MT)

During this rotation Interns provide outpatient PTSD assessment and psychotherapy to Veterans with diverse trauma histories, including childhood trauma, combat trauma, adult non-combat trauma, and military sexual trauma. Interns will need to travel to the Bozeman CBOC to provide services (1.5 hours away from Ft. Harrison). Interns will have the chance to work with Veterans from diverse combat eras, as well as with diverse comorbid clinical presentations. Interns will provide treatment at all stages of care, include triage, intake assessment, treatment planning, treatment provision, and termination. This rotation will focus predominantly on individual psychotherapy, but opportunities for group or couples therapy treatment for PTSD are also available, depending on interests and training goals. They are supervised in the provision of evidenced-based PTSD treatments including Cognitive Processing Therapy and Prolonged Exposure Therapy.

Program Development (Fort Harrison, MT)

On this rotation Interns may elect to obtain administrative experience with a staff member to develop and implement programmatic changes to Behavioral Health or the training program. As part of this experience, Interns may participate in the weekly psychology Internship meeting with faculty, providing feedback and addressing potential challenges within the program. They may elect to assist the faculty with the self-study process for APA accreditation and collecting distal data, when appropriate. During this rotation, Interns may work with a faculty mentor to develop programs (e.g., group, integrated care teams, etc.) to improve the offerings of the behavioral health department. This experience will involve some didactic, shadowing and completion of an administrative project. Any psychology staff member may serve as the supervisor for this rotation, and this person would be selected collaboratively with the Intern at the beginning of the rotation based on training needs/goals.

Specialty Outpatient Care (Fort Harrison, MT)

This rotation occurs through the Outpatient Mental Health clinic, and would entail the Intern selecting an area of particular interest in which he or she would like to gain additional experience or specialization. At the start of the rotation, the Intern and supervisor would select together where they would like to focus. Specialty areas might include focusing on learning a particular type of therapy (e.g., CPT, PE, CBT-I, IPT-D, ACT), focusing on a particular population (e.g., geriatrics, military sexual trauma, chronic pain, sleep difficulties), or focusing on a particular treatment modality (e.g., telehealth, groups). Any psychology staff member may serve as the supervisor for this rotation, and this person would be selected collaboratively with the Intern at the beginning of the rotation based on training needs/goals.

Supervision

Interns will receive at least four hours of individual and group supervision a week, following graduated levels of responsibility (VHA Handbook 1400.04). Supervision will be provided within each rotation by individual supervisors for two hours of individual supervision per week, and group supervision with all interns will occur for another two hours per week.

In order to provide interns with a variety of supervision experiences, each will change supervisors at the completion of each rotation. To facilitate sustained relationships, continuity, and an opportunity to demonstrate progression on identified goals, the training director will facilitate part of group supervision for the duration of the training year. This experience will allow trainees and the training director to maintain continuity that will support the trainees' changing needs throughout the year.

Didactics

Each week Interns will typically participate in a 2-hour didactic seminar addressing issues related to the practice of psychology. Once a month, this will be replaced with a day-long training specifically designed to expose Interns to empirically based treatments (e.g., CPT, PE, MET, ACT-D) and to provide a more in-depth training in and exploration of professional issues. All the didactic seminars will be taught by professionals across disciplines including psychologists, social workers, psychiatric nurses and psychiatrists. The curriculum of these didactic seminars will serve to support and enhance the core competencies delineated above.

Stipend and Benefits

Stipend: For the 2016-2017 internship year, interns receive a stipend of \$23,974, paid in 26 biweekly installments.

Benefits: Interns will receive full health insurance benefits. Interns are entitled to holiday pay (10 federal holidays a year) and they will accumulate 4 hours per pay period of annual and sick leave, amounting to 13 days of sick and vacation leave. Interns are also allotted up to 5 days per year for administrative absence available for use as professional development needs such as conference participation, post-doc interviews, dissertation defense, etc.

The VA website has additional information regarding stipend and benefits:
<http://www.psychologytraining.va.gov/benefits.asp>

Facility and Training Resources

Interns will be provided with office space and computer and phone access at their primary rotation site. They will have online access to journals and library support. Interns in the rural mental health rotation will also have access to telehealth technology. Interns will have access to shared space within the behavioral health department. Video-teleconferencing will be available to support didactics and clinical case conferences.

Fort Harrison

The majority of the psychology intern's experience will take place at the Fort Harrison VA Medical Center near Helena, Montana. The VA Montana Healthcare System is a Joint Commission accredited, complexity level 2 facility. Fort Harrison Medical Center offers care to all of the Veterans in the state of Montana. Services provided at Fort Harrison include medical and surgical outpatient specialties, physical rehabilitation, radiology, 24/7 pathology and laboratory services, pharmacy, mental health, and residential rehabilitation programs for substance abuse and PTSD. The Fort Harrison Medical Center is the only VA hospital in Montana and serves adjacent regions in VISN19 (including areas in Idaho, Wyoming, Utah, and Colorado). Additionally, the facility and provides care to Veterans living in Canada and the Dakotas. VA Montana offers a rich opportunity for training psychology interns to work with highly rural and underserved Veterans. Montana is considered a highly rural, underserved state with 15% of its population living below the poverty level and it has one of the largest per capita Veteran populations in the country.

Bozeman CBOC

The Bozeman CBOC Behavioral Health serves approximately 3,000 unique Veterans and is co-located with the Bozeman VA medical clinic. The small Behavioral Health Treatment Team consists of a psychologist, social worker and a substance abuse counselor. Interns work with the psychologist who has extensive experience in providing PTSD treatment to a number of populations and is a VA certified in the practice of Cognitive Processing Therapy, Prolonged Exposure, and CBT for Insomnia.

Training Staff *(listed in alphabetical order)*

Lori Armstrong, Ph.D., University of Montana, 2001. Staff Psychologist in Primary Care-Mental Health Integration at the Billings Community Based Outpatient Clinic (CBOC). Professional interests include: insomnia, chronic pain, general health psychology, motivational interviewing, and integrated primary care. Personal interests include: spending time with human and canine family members, genealogical research, history, literature, historic preservation, and architecture.

Dudley Blake, Ph.D., State University of New York at Albany, 1987. Clinical Psychologist and Program Manager of VA Montana's Mental Health Residential Rehabilitation and Treatment Program (MH RRTP, PTSD and SA Tracks). Professional interests include: PTSD treatment and assessment, evidence-based therapies (e.g., MI, PE, CPT), and staff and intern development. Personal interests include hiking, mountain biking, kayaking, fishing, hunting, skiing/snow-boarding, and MONTANA!.

Christine Childers, Ph.D., Washington State University, 1985. Lead Psychologist and Primary Care – Mental Health Integration (PC-MHI) Psychologist at the main facility (Fort Harrison). Professional interests include: Health Psychology, trauma, rural practice, family and workplace systems intervention. Personal interests include outdoor recreation, spending time with family and friends, landscaping and home improvement projects.

Angela Jez Psy.D., Internship preceptor and staff psychologist at Kalispell Community Based Outpatient Clinic. Professional interests include: PTSD, MST, depression, ADHD, lifespan issues, psychological assessment, couples therapy, and evidenced based therapies (IPT, CPT, CBT and DBT). Personal interests include a variety of outdoor adventures with her family and pets.

Joanna Legerski McCormick, Ph.D., University of Montana, 2010. Internship Training Director and Staff Psychologist at Fort Harrison Medical Center. Faculty Affiliate with University of Montana, Department of Clinical Psychology. Professional interests include: individual and family trauma, PTSD nightmares, and pre/post-deployment family adjustment; evidence-based therapies (e.g., Seeking Safety, STAIR, TF-CBT, CPT, IPT, and CBT); family systems; and rural mental health. Personal interests include: parenting two boys, horseback riding, canoeing, singing/dancing in the kitchen, and sleeping.

Gretchen Lindner, Ph.D., Georgia State University, 2006. Internship Associate Training Director and Staff Psychologist at the Bozeman Community Based Outpatient Clinic (CBOC). Professional interests include: PTSD, evidence-based therapies (e.g., PE, CPT, EMDR, EFT, CBT), couples therapy, and student/staff training. Personal interests include: family, friends, cooking, movies, and running/hiking.

Holly Schleicher, Ph.D., The University of Montana, 2011. Staff Psychologist in Primary Care-Mental Health Integration at the Missoula CBOC. Professional interests include integrated care, medical consultation, mindfulness, pain management, depression, anxiety, grief, and adjustment to illness and injury. Dr. Schleicher enjoys being active in Missoula's vast recreational activities, including trail running, hiking, skiing, and yoga.

Curtis Tillotson, Psy.D., Azusa Pacific University, 2008. Staff psychologist on residential substance abuse and trauma recovery unit. Professional interests include: Co-occurring PTSD/SUD, Moral Injury, evidence-based therapies (e.g., CPT, MET), adventure-based experiential education, and training. Personal interests include: family, friends, cooking, movies, cycling, fishing, landscaping, and stained glass work.

Patrick Van Wyk, Ph.D., Idaho State University, 2012. Primary Care Mental Health Integration Psychologist at Fort Harrison VA Medical Center. Professional interests include: behavioral health integration in primary care, Contextual Behavioral Science and ACT, organizational and community collaboration, and training. Personal interests include: mountain biking, hiking, downhill skiing, and cooking.

Living in Montana

- Montana VA HCS History: <http://www.montana.va.gov/about/history.asp>
- Helena Chamber of Commerce: <http://helenachamber.com/>
- Glacier National Park: <http://www.nps.gov/state/mt/index.htm>
- Yellowstone National Park: <http://www.nps.gov/yell/index.htm>
- Montana State Parks: <http://stateparks.mt.gov/>

- Helena National Forest Campgrounds:
<http://www.fs.usda.gov/activity/helena/recreation/camping-cabins/?recid=62827&actid=29>